



THE PATH TO HAPPINESS

Sayalay Susīlā

Preface



This book is a compilation of five of my talks, given in various centers in the USA and Malaysia from 2010-2013. Of my many talks, I chose these because I think they are especially important for practitioners. For example, in the talk “The Key to Happiness,” I stress self-restraint—not harming others based on the understanding of the law of karma—as one of the keys to happiness. Through many years of experience teaching in the U.S., I see this aspect of *Dharma* has been underappreciated.

I also include a talk on how to practice loving-kindness meditation in a systematic way, with the hope that by frequent practice, we can remove the hindrance of anger that robs us of our happiness. As loving-kindness goes deep into the heart through repeated practice, we are transformed by its power, and subsequently are able to suffuse others with love, making this materialistic world a better place in which to live.

It was my delight to be able to include here my favorite sutta—“The Simile of the Vipers”—as it brings out many aspects of *Dharma* that are necessary for insight meditators to note. I hope my limited explanation helps to shine some light on this short but important sutta.

In “Understanding the Five Aggregates” I quote from many suttas and explore the subject at length, knowing how important it is to make the aggregates known in order to free oneself from suffering. As Buddha said: “*Whatever in the world one might*



cling to, it is just materiality that one is clinging to; it is just feeling, just perception, just formations, and just consciousness that one is clinging to (SN22:79)." Clinging to the five aggregates is the cause of all suffering.

Lastly, I include a talk on "Contemplation of Mind," the third foundation of mindfulness from the sutta on the "Four Foundations of Mindfulness." It seems that this way of practice, though recommended by the Buddha as being very effective at helping depersonalize the many different states of mind, is not well propagated nowadays. I humbly offer you this alternative approach to watching your mind.

Now it is time for me to express my gratitude to those who have relentlessly offered their help—Kitty Johnson, Jen Shu, Teoh Boon Tat, Thong Yian Nee, Chan Kah Poh, and Saw May Lee for transcribing my talks. Special thanks are due to my editors—Alaknanda Bagchi and Joanne Wagner. I thank also Tracy L Budd, Ben Zhang and Anna Fisher for the help they offered. Lastly I would like to thank profusely my final editor, Maureen Bodenbach, for reading through the whole book and making necessary changes.

May all beings be well and happy. May they find the path to true happiness.

Sayalay Susīlā
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